

BOOKS

FOLK DANCES FOR FUN—22 Folk Dances and Singing Games, Recreational Helps to Leaders—By Jane Farwell, Rural Recreation Service, Dodgeville, Wisconsin—Price 50 c., 64 pages.

Jane Farwell is nationally and internationally known for having begun the first folk dance camp in the United States, that of Cglebay, West Virginia, which has operated successfully a spring and fall camp for the past thirteen years. Closely related to the folk dance camp idea, with which she is always associated, are her pioneer and continued efforts to create community spirit through folk dancing with nationality groups who remember their own dances, but more often with folks like most of us, who do not.

With all her heart, Jane believes that folk dancing is for everyone. Human barriers fall when all kinds of people join hands in a circle, smiling and laughing together, to the tune of invigorating music. Here are a group of dances with which to prove it. She has cradled her irresistible philosophy in the introduction of this, her "first born" book. Included also are "A Dozen Ways to Promote a Pair Off—And Mix." The tricks work! They have been tried many times. Each page represents dances that are fun to do over and over again. Many of them have been done with non-folk dance groups when introduced with Jane's kind of enthusiasm and technique. They are very successful for total participation of this kind, especially if several folks who know the dances are scattered through the group. (This is Jane's suggested committee at work).

Everyone has so much fun dancing together on occasions like these that Jane, herself, seems to be present. Indeed, if the intangible, infectious effervescence of her spirit has ever been captured, it is to be found within the pages of her little book, "FOLK DANCES FOR FUN." (Grace Wolff)

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"INDIAN CAMPFIRE TALES", a book of authentic Indian legends. By Efren Reveles, Exposition Press, Drawings by Gonzalo Reveles. (Price: \$3.00).

In 1953 Efren Reveles joined the U.S. Forest Service in California's San Bernardino National Forest. During that period he worked side by side with Indians from the Western tribes fighting forest fires. Among these tribes were the Apaches, Zunis, Hopis, Navajos and Mission Indians from California. His close association with these Indians was the prime inspiration for "Indian Campfire Tales."

Around a campfire in the cool, crisp California evenings, Efren Reveles listened to his Indian companions retelling their ancient legends. The beautiful and moving simplicity of these stories fascinated him greatly. So much so that he felt compelled later to visit with the oldsters on the Reservations to hear the authentic versions of the legends. Twelve of the most interesting have been included in this volume.

These beautifully simple tales reflect the true spirit of a primitive people and culture which the advent of the white man has all but destroyed. From the start of the first tale, "Genesis," which offers an explanation for the creation of the world by the Great Spirit, to the last, "The Legend of the Stone Bridge," this is truly a storyteller's trip to a stone age culture.

Efren Reveles has a deep love for the outdoors and has explored remote canyons and mountain peaks throughout the Western States. In recent years he has won a number of literary awards and been acclaimed for the lyrical qualities of his vivid impressionistic work.

175 FOLK AND ROUND DANCES (Abridged). Ralph and Zora Piper, 132 Orlin Ave. S. E., Minneapolis 14, Minn., 36 pages. \$1.00.

Dr. Ralph Piper, Phys. Ed. instructor at the University of Minn. and folk dance leader, teamed up with his wife, who is also a Phys. Ed. instructor, and compiled a booklet of folk and round dances in a very abbreviated form, condensed purposely to serve mainly as a reminder. 175 dances is quite a large number. Not too many such reminders are on the market and this is the best one. Record numbers are given for each dance.

THE PILL ROLLERS

Wish Everyone The Yoy Of The Season

Los Angeles

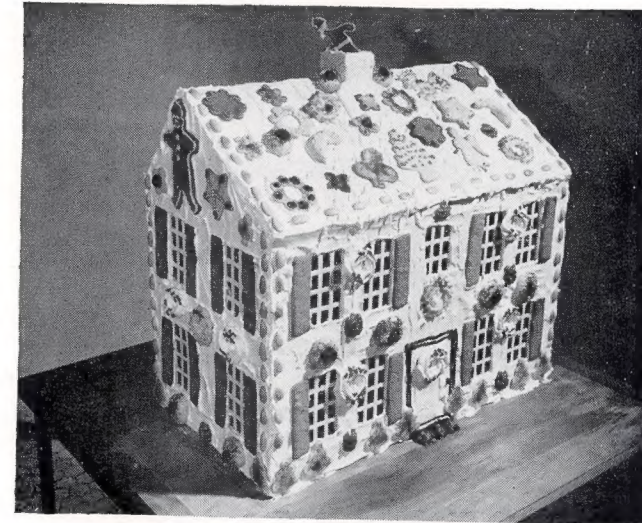
California

LATEST IN FOLK DANCE RECORDS

Michael Herman recently released under the "Folk Dancer" label three records consisting of seven dances. The playing was done to the folk orchestra of Ona Ivaška, leader of the Boston group and who also plays the Kanklės for the recording. The Kanklės is a zither-like instrument and dear to Lithuanians, for in ancient pre-Christian times, on it the Vaidilos, priest-like seer-bards, who, while traversing the land, used to foretell their oracles to its strumming, and relate the sagas of Lithuanian past. Because of its strong pagan connection the Kanklės was frowned upon for awhile but during the last 60 years, with the national resurgence, the revival of the Kanklės took place. It is not exactly an instrument meant for dancing, but its addition to the accordions and piano is enhancing. The records are well done and are played with ease, as would be the case when the recording is done by a group who need not rehearse in order to become familiar with the melody. They know their tunes and this ease is discernable in the recording. It makes nice listening, and it certainly is good playing, tho most pieces are speeded up. Rugučiai is a fast polka and excellent for a plain polka, but makes this lovely dance a little too rat-racy. So much so that it was hard to even recognize the melody. However, that doesn't mean that they are wrong, the fact remains that versions among ethnic groups, who don't depend on records, is rampant, and it also proves that the present trend among the ethnic groups is to axhiliarate the speed.

The following are the records: SUKTINIS (MH 1097A), a national and popular Lithuanian ballroom couple dance. This used to be the No. 1 ballroom dance during the past years; good tempo. KUBILAS (MH 1097B); good. MALŪNAS (MH 1098A); very nice and a pretty tune, just a wee bit fast but not bad. RUGUČIAI—Rye Reapers (MH 1098B); much too fast but it makes wonderful polka. SUSTAS (MH 1099A); a version, one of many, and for that particular version it is a well done record. OŽELIS—The Goats (MH 1099B-1); this is a dance for young men, a very strenuous one, it also has many versions. Well done, tho it may not fit the dances as done by other groups, but that's no worry as ethnic groups use mostly live music. MIKITA—The Rod Dance (on the same side as above); a little too fast.

During Your Holidays Try Some Foreign Foods



The House which Ginger (bread) built. The Germans are accustomed to bake fancy ginger bread pastries during the Christmas season, here is a fancy home of sweets of every variety and plenty dough, showing Santa climbing down the chimney. This creation of the German Frau was on display at Chicago's Museum of Science and Industry. (Foto - Harry Young).

UKRAINIAN RECIPES

BABKA

(Sweet Egg Bread)	1 cup seedless raisins
2 oz. fresh yeast (or 2 pkgs. powdered yeast)	grated rind 1 lemon
1/2 cup milk	1 tsp. salt
10 egg yolks	1/2 cup milk
4 cups unsifted flour	1/2 cup sugar
1 tsp. vanilla	2 T. flour
1/4 lb. butter	1 tsp. sugar

If powdered yeast is used, prepare as directed on package. Combine flour, sugar and yeast in warm milk. Leave in warm place to rise. Beat yolks of eggs, add sugar beating to blend. Stir in yeast mixture, flour, salt, vanilla, warm milk and melted but not hot butter. Leave in warm place to rise until twice the bulk. Knead dough 20-30 minutes adding raisins and lemon rind while kneading. Shape in loaf, place in well-greased long loaf pan or divide in half and place in two well-greased bread pans. Again put in warm place to rise until increased in bulk 50%. Bake at 300 degrees for 40 minutes then turn down to 275 degrees for 20 more minutes.

CRISPY COOKIES WITH PLUMS

4 cups sifted flour	3 T. dry breadcrumbs
1/4 lb. butter (1/2 cup)	1/2 cup sugar
1 T. sugar	1 T. cinnamon
2 T. lemon juice	2 T. butter
2 egg yolks	1 lb. fresh plums
1 tsp. vanilla	(or any fruit)
2 egg whites	

Cream butter with flour. Add sugar, lemon juice, beaten egg yolks, vanilla and work with hands in bowl until well blended—about 10 minutes. Roll very thin (recom-

mend rolling between 2 sheets of wax paper or on a pastry cloth as these are best when very thin). Remove in one piece on a greased cookie sheet. Brush top with slightly beaten egg whites.

Remove stone from plums and cut in quarters. Place evenly over dough, skin side down. Mix breadcrumbs, sugar and cinnamon and sprinkle over top. Dot with butter. Bake at 300 degrees for about 50 minutes. When done, dust with powdered sugar. Cut in squares to serve.

NOTE: Above recipes are from the Ukrainian Cook Book published by the Philadelphia International Institute, 645 North 15th St., Philadelphia 30, Pa., at \$1.50 per copy.

FOOD FROM JUGOSLAVIA

(Submitted by Cecilia Benrath)

Fish Stew (Brodet) Dalmatian

4 or 5 sliced onions	salt
olive oil or cooking oil	pepper
1 can tomatoes	2-3 lbs. sea bass or
2 beads garlic	similar fish

Simmer sliced onions in boiling oil until brown. Stir. Add tomatoes, garlic, salt and pepper. Boil on low fire for about 20 minutes. Add fish and 2 or 3 cups of water. Cook for 20-30 minutes. May be served with rice or cornmeal (polenta).

POLENTA (Cornmeal Mush)

2 cups cornmeal	4 cups water	1/2 tsp. salt
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To salted boiling water add cornmeal gradually, stirring constantly. Bring to a boil, stirring all the while. Boil on slow fire for 20 to 30 minutes. Cool. Place by separate spoonfuls in a circle on a platter. Serve with brodet, goulash or milk.

CEVAPCICI SERBIAN

Beef and Veal Sausages

1/2 lb. beef	1 small slice beef suet
1/2 lb. veal	2 onions
salt and pepper to taste	

Chop beef, veal, and suet very fine by hand. Salt and peper. Form into sausages, 1/2 inch round, 2 inches long. Broil on grate over hot charcoal fire. Turn gently several times. Chop raw onions fine. Place sausages on warm plate. Sprinkle with chopped onions. Cover with a second hot plate. Let stand for a few minutes. Serve.

KRALJEVO PECENJE — CROATIAN

Royal Cake

1/2 cup and 2 2/3 tbsp. butter	1/3 cup raisins
4 egg yolks	2 tbsp. rum
1/2 cup and 1 tbsp. sugar	3 egg whites, stiffly beaten
orange juice	3/4 cup and 2 tbsp. flour
grated rind of 1 lemon	
1/3 cup blanched almonds in strips	

Cream butter and sugar. Add egg yolks and beat until light. Add orange juice, lemon rind, rum, almonds and raisins. Slowly fold in the flour. Mix in the stiffly beaten egg whites. Pour batter in an oblong cake tin and bake at 350 degrees F, until done. While still warm, sprinkle with powdered sugar and cut in squares.

REFERENCES

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